

-- Bliss and Vinegar --
NUTRITIONAL INFORMATION

SIGNATURE SALADS (sm.)	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
The Todd	290	180	20g	3.5g	0g	80mg	650mg	15g	4g	9g	14g	210%	45%	25%	10%
Tokyo Spa	390	240	28g	3.5g	0g	0mg	210mg	26g	7g	8g	13g	210%	150%	15%	20%
Vegan Bliss	660	250	29g	3g	0g	0mg	210mg	90g	14g	15g	18g	130%	1750%	15%	30%
MI Cobb	460	330	37g	8g	0g	170mg	270mg	8g	3g	3g	24g	190%	610%	8%	10%
Kale Caesar	340	220	25g	6g	0g	20mg	720mg	17g	3g	< 1g	13g	90%	90%	40%	8%
Peruvian Corn	430	210	23g	2.5g	0g	45mg	360mg	36g	5g	5g	23g	90%	20%	8%	25%
SIGNATURE BOWLS	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
Bliss Chili	100	10	1.5g	0g	0g	0mg	310mg	18g	5g	3g	4g	0.4	0.1	0.04	0.1
Chili Cheese Fries	270	90	11g	6g	0g	30mg	440mg	31g	5g	3g	12g	40%	25%	25%	10%
Southwest Chicken	380	80	9g	2g	0g	60mg	180mg	46g	6g	4g	31g	30%	15%	6%	25%
Tuna Casserole	440	200	22g	4.5g	0g	20mg	450mg	39g	4g	7g	22g	4%	0%	15%	20%
BMB	740	400	45g	10g	0g	120mg	180mg	38g	7g	6g	45g	35%	100%	8%	30%
SIGNATURE WRAPS	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
Bruce-urrito	770	290	32g	6g	0g	60mg	1260mg	85g	13g	7g	38g	160%	130%	20%	50%
The Gaucho	1090	470	52g	13g	0g	65mg	910mg	121g	11g	8g	37g	20%	10%	15%	60%
Tommy Smokes	780	280	31g	8g	0g	35mg	1390mg	89g	10g	7g	38g	190%	25%	25%	40%
BLISS DRESSINGS (30 g.)	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
Champagne Strawberry	80	70	8g	1g	0g	0mg	80mg	2g	< 1g	1g	0g	0%	25%	2%	2%
Red Wine Vinaigrette	140	130	14g	1.5g	0g	0mg	5mg	2g	0g	2g	0g	0%	2%	0%	0%
Rice Wine Vinaigrette	180	180	20g	2.5g	0g	0mg	170mg	2g	0g	1g	0g	0%	2%	0%	2%
Balsamic Vinaigrette	180	170	19g	2g	0g	0mg	85mg	1g	0g	< 1g	0g	0%	0%	0%	0%
White Balsamic Vin	160	130	15g	2g	0g	0mg	210mg	7g	0g	6g	0g	0%	0%	0%	0%
Apple Moscato	110	100	11g	1g	0g	0mg	85mg	5g	0g	4g	0g	0%	4%	0%	0%
Ceasar Dressing	190	180	20g	2.5g	0g	< 5mg	260mg	< 1g	0g	0g	2g	0%	2%	6%	0%
Chimichurri	190	180	20g	2g	0g	0mg	140mg	4g	0g	3g	0g	4%	6%	2%	2%
Chipotle Ranch	110	100	11g	1.5g	0g	< 5mg	130mg	2g	0g	2g	< 1g	2%	2%	2%	0%
Citrus Vinaigrette	130	130	14g	1g	0g	0mg	70mg	0g	0g	0g	0g	0%	2%	0%	0%
Gorgonzola Vin	130	130	14g	1.5g	0g	0mg	150mg	0g	0g	0g	< 1g	0%	0%	2%	0%
Greek Yogurt Ranch	100	90	10g	1.5g	0g	< 5mg	55mg	2g	0g	2g	< 1g	2%	2%	2%	0%
Green Machine	120	110	13g	1.5g	0g	0mg	130mg	2g	1g	0g	< 1g	10%	10%	2%	2%
Honey Dijon	110	70	8g	0.5g	0g	0mg	125mg	9g	0g	9g	0g	0%	0%	0%	0%
Orange Aji Dressing	150	140	16g	1.5g	0g	0mg	100mg	2g	0g	2g	0g	0%	4%	0%	0%
Smoked Tomato	140	120	13g	1g	0g	0mg	15mg	5g	1g	4g	< 1g	8%	10%	2%	2%
Sriracha Lime	120	90	10g	1.5g	0g	0mg	260mg	5g	0g	3g	2g	0%	2%	2%	2%
BLISS BARS	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
Bliss Peanut Butter Bar	230	100	11g	2.5g	0g	< 5mg	20mg	28g	4g	15g	8g	0%	0%	2%	8%
Bliss Seedy Bar	250	150	17g	4g	0g	0mg	85mg	23g	5g	13g	7g	0%	0%	4%	15%
Bliss Chocolate Cherry Bar	260	90	11g	3g	0g	0mg	25mg	40g	5g	27g	5g	2%	0%	4%	8%